

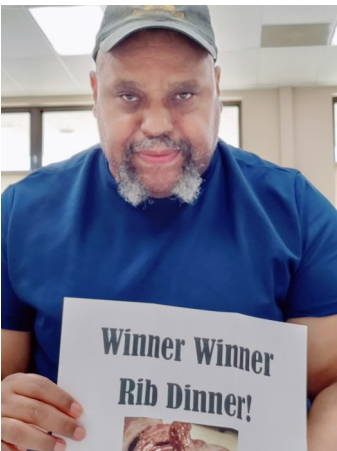
THE VILLAGE VOICE



CHRISTMAS IN JULY



BIRTHDAY BINGO



Volume 330www.wmv.orgAugust 2026

THE VILLAGE VOICE



Tammy Talk



Have you seen it? It's right there on the corner of Westminster Ave. and Memorial Dr. If you have ever wondered and didn't know, it's the Memorial Park. It's a really nice area to go and remember a loved one. Plant something in memory of them (flowers or a small statue). It really is a beautiful place to visit and is now more beautiful since Julius put his magic on it. All I had to do was tell Julius what I wanted and he made it happen!

Please park in the parking lot next to it and go sit and meditate. Pray. Think. Whatever you want to do. Be sure to read the bricks while you're there too. It was opened years ago, around 2010, but I'm not sure exactly what date it was opened. We would like to find someone who can engrave the bricks again. One thing I do know, the mother of a veteran called me one day to tell me about the passing of her son. She said that he was born at the hospital on the base. You can see his memorial there. She came out and buried his combat boots there.

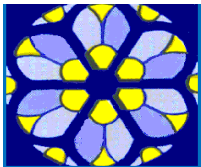


I know there is concern regarding the lawn care once again. We have had a change in foremen. A shortage in staff in that department and the inevitable equipment break downs get us every year. Pop up storms and the heat domes we've had just create the perfect greenhouse effect for grass to grow. We are incorporating chemical where we can especially on the lawns that have a quick weed yield. Your patience is very much appreciated. I can promise you, we want your lawns to look as good as you want them to look if not better!

We have the biggest Silver Sneakers Class we have ever had at the village! We have 14 participants so far and there is still room for you! If you have been thinking about becoming more active and wanting to build your strength, call the office 870-532-4100 for more information. Ask for Tammy, Leslie or Eva. Silver Sneakers is just the program for you!

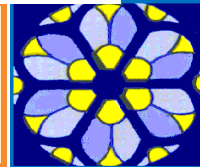
Our hair fundraiser is going great too! Call me at 870-623-4537 to book a hair appointment at the beauty shop! Whether it's a cut, relaxing shampoo and blow out or you just want to get a shampoo and style weekly, bi-weekly or once a month. Call me! Appointments are available for men, women and children every Friday from 1 to 5. The Beauty Shop also has a nice little corner in the shop for your shopping pleasure! Shop while you get beautiful! ALL PROCEEDS EARNED AT THE BEAUTY SHOP GO DIRECTLY TO WESTMINSTER VILLAGE OF THE MID-SOUTH ROOFING FUND UNLESS ANOTHER FUND IS CHOSEN BY THE CLIENT. Call and get your appointment soon and help us raise the roof at Westminster Village!

Executive Director,
Tammy Swanson



Our Mission Statement

Westminster Village is committed to providing an environment that encourages and enables our residents to enjoy life to the maximum of their capabilities in a relaxed atmosphere of security, comfort and dignity.



Wednesday, August 5th
American Red Cross
Blood Drive
12 Noon to 4 PM RC
Call in to register, or register online
at <https://redcrossblood.org>

Thursday, August 6th
Donuts and Breakfast Sandwich
Biscuits
10 AM RC

Thursday, August 6th
Crafty Ones 2 PM CH

Tuesday, August 11th
Advisory Committee 10 AM RC

Tuesday, August 11th
Tuesday Night at the Movies
5:30 PM
The Vikings

Wednesday, August 12th
12:53 PM Partial Solar Eclipse

Thursday, August 13th
Coffee/ 10 AM RC

PLEASE SIGN UP FOR EVENTS
Door Prizes awarded to Residents
and Their Paid Guests

Tuesday, August 18th
Move-In/Birthday Bingo
2 PM RC
Everyone is welcome!

Wednesday, August 19th.
10:45 AM Leave RC to go to
Great Wall in Blytheville

Thursday, August 20th
Coffee 10 AM RC

Thursday, August 20th
Crafty Ones 2 PM CH

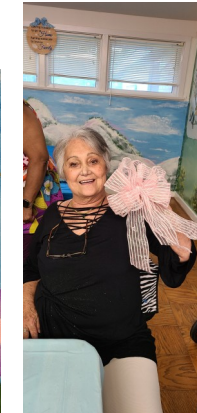
Thursday, August 25th
Movie 2 PM RC

Wednesday, August 26th
“Melon Ball”
5:30 PM RC
Enjoy your favorite melons,
accompanied by meats, chesses,
and crackers, and enjoy some
music

Thursday, August 27th
Coffee 10 AM RC

REMEMBER WHEN

CRAFTY ONES, AUGUST, 2022



REDBIRDS, MAY, 2023



MAY, 2021



HALLOWEEN, 2018



DECEMBER, 2020



NOVEMBER, 2024



DECEMBER, 2020

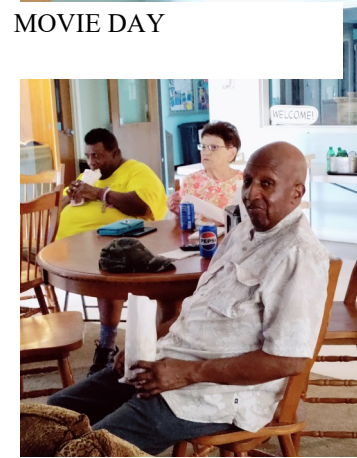


2018



GRECIAN, 2024





Fundraiser for Relay for Life!

Every Tuesday in August, 11 AM to 12:30 PM
Ramey Center

Cheese Nachos	\$2.50
Chili Cheese Nachos	\$3.00

August Birthdays

4th	Melina Ray
8th	Kim Hart
12th	Melchelle Wagner
13th	Perry Lee Bell
13th	Merrill Frame
13th	Patrick King
13th	Ella Sanders
14th	Shelia Blackmer
18th	Carealine Tuggle
	Armstrong
23rd	Frank Martinez

Employee August Birthdays
29th Sammy Presswood

Pearl Valentine	10 Years
Vera Walker	10 Years
Brenda Maharaj	9 Years
Clyde & Carol Stanford	5 Years
Marion Erwin	4 Years
Tim Jones	3 Years

August Move-In Anniversaries

Westminster Village Directors

Tammy Swanson, Executive Director **Cindy Williamson**, Administrative Director
Leslie Acred, Marketing Director **Adam Whitmire**, Environmental Services Director
Whitney Herron, Accounting Director

Board Members

President, Janet Robertson Vice President, Beth Fitzgerald Secretary/Treasurer, Roger Oldham
Jeremy Bennett, David King, Jake Ritchey, Gary Swain, Willie Williams
Westminster Village is a 501(c)3 non-profit corporation



**The Westminster Village
BOOK CLUB
Is taking a brief
hiatus for the summer.
We'll start again in
September. Come join
the group and travel to
untold places through
books!**

Library News

The Heard-Marks Village Library
is a special treasure for our Village!
With thousands of books to choose from, as
well as a place for residents to
relax and read.

Let that good book take you to
places you've never been.
Imagine yourself
as the hero in the story.
Residents are free to go to the
library any time.



Happy Reading from the
Library Volunteers!

The Advisory Committee:

The Advisory Committee
Frank Coll, Merrill Frame, Sandra Harris,
Phyllis McClendon, Vicki Schrimsher,
Reverend Johnnie Williams
The Advisory Committee serves as a
voice for the residents of
Westminster Village.
The Advisory Committee meets at
10:00 AM the **second Tuesday**
of the month.

Don't miss out on events.

Please sign up!

Hot Dogs and Smoked Sausages
Wednesday, September 2nd
12 Noon RC
Staff and Residents



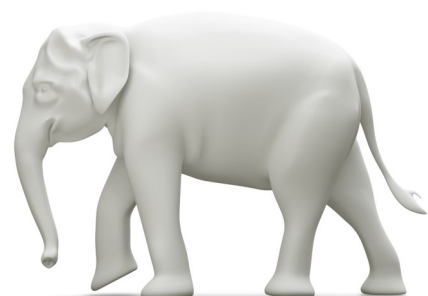
Tuesday Night at the Movies
September 15th
5:30 PM RC
Jaws



Move-In/Birthday Bingo
Tuesday, August 18th
2 PM RC



I am looking for ideas that might interest all of our residents. If you have something that you would like to do, or a place to go eat, please contact Eva at the office and let's see if we can get it added to the calendar. I hope that everyone is staying cool!



THE WHITE ELEPHANT

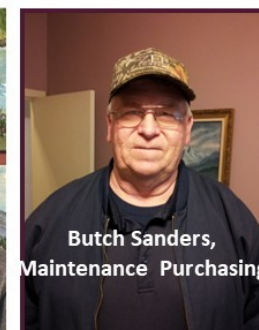
Friday's 9 to 2 / Saturday's 10 to 3

We look forward to everyone coming out to visit and enjoy shopping in the White Elephant.
Thank you, Mary Westbrook for volunteering.
More volunteers are needed. See Mary Dyer.
Remember, we accept donations.

Maintenance Department



Adam Whitmire
Environmental Services
Director



Butch Sanders,
Maintenance Purchasing



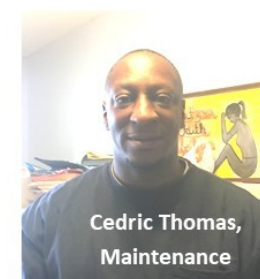
Bobby Stigall
HVAC



Tommie Wilborn
Maintenance



James Palmore-
Maintenance



Cedric Thomas,
Maintenance



Jonathan Thrasher
Maintenance



Tim Willing
Painting &
Roofing



Tony Lambert
Painting &
Roofing



Larry Fowler
Roofing



Greg McKillion
Painter

Security



Julius Snead,
Security Director



Maya Davis
Security



Sammy Presswood
Security



Rickey Green-
Security



Andre Holmes-
Security

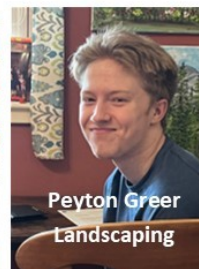


Dominik Winter
Painter

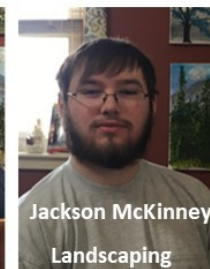
Landscaping



Tim Southern
Landscaping



Peyton Greer
Landscaping



Jackson McKinney
Landscaping



Isaiah Donerson-
Landscaping



Travis Kennedy
Landscaping



Devion Carter
Landscaping

HOUSEKEEPING



Julia Dominguez
Housekeeping



Florence Bennett
Housekeeping



Elsa Perez
Housekeeping



Ahmad Brown
Landscaping

Relay for Life September 19th 10:30 AM—1:30 PM
Being held at the National Cold War Center
5K Run starts at 8 AM

We have been made aware that the 5K Run will come through our Village! It looks like the route will proceed down Memorial Drive, across Hemlock, down Chestnut, along Village, Grapevine and either Westminster or Apricot. It starts and ends at the National Cold War Center. If you aren't participating in the Relay for Life Booth, plan on sitting outside to cheer on the runners. If you aren't on the direct route, you can set your lawn chairs in the green space on Village Avenue between Memorial Drive and Southside. The roads will be blocked during this time, so please plan your trips in and out of the Village accordingly. We need to have the streets as clear as possible.

Let's show Blytheville how great Westminster Village is!

NIBCO's Annual Bingo Fundraiser will be held on August 14th, 6 PM at Pathway Church Gym 4541 E Main St
\$10 first card, \$5 each additional card, 5 card maximum

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We began Crafty Ones twelve years ago with a bang. We had an average of 12 attending. Our numbers have diminished due to death and residents moving but we are still going strong. I have discovered that our ladies and occasionally men have a creative side but if you listen to them tell it they aren't creative at all. So, I don't listen to them.

For those who don't know or have forgotten, the Craft Hut is available to all residents 55 and older as part of the amenity package. Every other Thursday our group "Crafty Ones" meets at 2 p.m. We may do organized crafts every other Thursday or work on individual projects. Residents may go any time to work on anything they want to work on. We have a pottery room, sewing room and crafting room. For those who want to craft but don't want to take it home, we have a gallery room to display your creation. Our regulars are assigned a table to work on, which enables them to leave works in progress and not feel rushed to finish. We also have a woodworking shop. Please see the office before you begin using the equipment. Safety first! We need to make sure you know how.

We have a lot of pottery pieces available for glazing. Any of our regulars can guide you on how the glazing process works. Just ask. The best time to learn how to create pottery pieces is from November to April when Merrill Frame is in the Village. Merrill will happily show you how to turn clay into a masterpiece.

Crafty Ones is a success only because you, the resident, participates. The trips and events we offer are only successful if you continue to participate. I urge you to participate. Get out of that house and meet your neighbors. Hang your calendar where you can see the scheduled activities and events. We no longer have to quarantine. Take advantage of the opportunity to get out. We've had numerous successful events and activities over the years. We want to continue to offer events and activities. Call the office and talk to Eva about some of the things you are interested in. We have a Wii station. Pool tables aren't being used nearly enough. Silver Sneakers aerobics has new life breathed into it. Water aerobics is going strong. We are making plans to do another Murder Mystery, Westminster Village Castaways in September. Come use your detective skills and see if you can solve the case. I hope we have an even better participation than we did the last time. Make plans with us. I don't think you will be disappointed. Here's to an outstanding finale to 2026!!



Many of us either know or have known someone with dementia or Alzheimer's disease. We know how devastating this can be for the ones around that person. But how many of us actually have spoken with our primary care physician about the possibilities of being at risk for these diseases? An associate professor of internal medicine at the University of Michigan Medical School states that healthcare providers could do more to help patients understand the link between lifestyle choices they make today and their future brain health. Surveys taken by UC Davis Health researchers find that some adults have normal concerns about memory or cognitive changes. The surveys revealed that mood did not affect the relationship between how sharp participants felt and how they actually performed, even though subjective cognitive decline is often correlated with depression. The study also found that thinking was sharper earlier in the day. A study performed by Karolinska Institutet has found that a healthier diet may be associated with a lower risk of dementia among older adults. The findings present an additional reason to pay attention to diets, and to provide healthful eating patterns. The participants that adhered to a lower-inflammatory diet showed up to a 30% lower relative risk of developing dementia. While these studies are helpful, they do not take the place of discussing any issues or health concerns with your healthcare provider. Always discuss any planned changes in diet or exercise before beginning something new.

Last month, I stated that we should keep our areas clean and accessible in case first responders needed the area. For some of us, that might be a major undertaking. There are several ways that we can achieve a greater balance in our lives, while making our surroundings more habitable. Many of us have heard the method of cleaning out closets and drawers. "If it doesn't bring you happiness, get rid of it." Another person promotes the idea that if you haven't used an item in at least a year, then you really don't need it. This is true of so many of our possessions. I was looking at an ad for an app that helps retrain our neural connections gradually, enabling us to perform certain tasks on a daily basis, and ridding ourselves of clutter. Rather than buy the app, I think that we could start with a daily check-list. Clear off the area in front of you. You don't have to get rid of everything, just clean up the area. Clear out 10 messages from your inbox. Start simply, but make gradual changes. The less hectic your surroundings are, the more likely you will be to feel relaxed, more energized, and be able to get more sleep. I went to the White Elephant recently, and I love how organized it has become. It has made it easier to find items that I might need. But it also now looks a little bare. As we clean our homes, let's see if there is something that is in good condition that we can donate to the White Elephant. The more revenue that is generated by sales there, the more funds that are available to support our activities and amenities. Since tips to employees is discouraged, White Elephant sales are divided in December with one half of the years donations going to the employees as a bonus.

Eva

Exercise (Silver Sneakers)
Monday's and Thursday's
9 AM Ramey Center Gym

Don't forget about the 11/12 program.
Earn more interest than you can get from the bank! Call Whitney in the accounting office for more information about this program.

How SilverSneakers Benefits Seniors On Medicare— Yoga/Chair Aerobics and Water Aerobics Are Hosted by Silver Sneakers
Mondays and Thursdays—9 AM at the Gym and 5 PM at the Pool
And Wednesdays at 9 AM at the Pool

Without even making time for exercise, we still work our muscles every day. It happens whenever you reach for something high on a shelf, carry something heavy, and even getting out of bed. But as you get older, you start to lose your strength and range of motion, and you may find it harder to do these things. When you strengthen the muscles you use for daily activities, you're less likely to injure yourself and more likely to maintain your independence. There is an adage that says "use it or lose it". This applies to our muscles as well. Join us on Mondays and Thursdays, and engage in exercises geared to improve mobility, flexibility, and stability.

Trying New Things Can Help Keep Life Feeling Full.

The benefits of new experiences go far beyond fun. They create richer memories, sharpen your brain and help time feel full, instead of fast. If time is flying by, try to do something different. When life is filled with firsts—new places, new people, new skills—your brain creates more detailed memories. When days become routine, your brain goes on autopilot, no longer recording a many distinct moments. The benefits of new experiences aren’t just about perception. They’re rooted in neuroscience. When you learn something unfamiliar, your brain forms new neural connections through a process called neuroplasticity. Research from UCLA found that older adults who maintain curiosity and a desire to learn may be able to offset or even prevent Alzheimer’s disease. Even small changes count. Take a different walking route. Pick up a new hobby. Join in our exercise classes. Each new experience is a deposit in your memory bank and a building block for a healthy aging mindset. Simple ways to add more novelty to your week starts with small, intentional steps:

- Move in a new way.
- Learn something fresh.
- Explore your community.
- Participate in Westminster Village events.
- Say yes more often.

Research shows that novel activities promote neuroplasticity, which supports memory, focus and cognitive resilience. When you approach each day with curiosity, you’re more likely to stay engaged, try new activities, and build habits that support both your body and mind, which is the foundation of a healthy aging mindset.

Supplements to Support an Active Lifestyle.

Staying active is one of the best things you can do for your body and brain as you age. Keeping moving helps maintain strength, mobility, heart health, and mental sharpness. No supplement can replace a healthy, balanced diet. The best way to fuel your body is through whole foods that offer fiber, antioxidants, and phytonutrients—not just isolated vitamins. Reach for fruits and vegetables, whole grains, lean proteins, and healthy fats. As we age, some nutrients can be harder to get through diet alone. This is when taking a supplement can help fill in the gaps. **Always talk with your doctor or pharmacist before taking a new supplement, especially if you’re taking medications or managing a chronic condition.**

1. Vitamin D and Calcium: For Strong Bones and Muscles.
2. Magnesium: For Energy and Muscle Health.
3. Omega-3 Fatty Acids: For Heart and Brain Health.
4. Protein Powders: For Muscle Maintenance.
5. Turmeric (Curcumin): For Joint and Inflammation Support.

Use caution with pre-workout formulas, as these often contain stimulants that can raise blood pressure or interact with medications. Testosterone boosters and hormone supplements are often unregulated and can have serious side effects. High doses of certain vitamins (like A and E) may be harmful in excess, so taking these in mega-dose vitamins might cause more harm than good. Supplements can be helpful, but they’re not a magic solution. The best support for a healthy lifestyle is a combination of balanced nutrition, regular movement, quality sleep, and routine checkups.

Obesity as a Chronic Disease.

Although we are not trying to diagnose nor treat, obesity is a serious, common and costly chronic disease. It is influenced by biology, genetics, hormones, the environment, and how the body changes over time. And as with other chronic conditions, it requires ongoing care and support. Always consult your healthcare provider before beginning any new exercise or treatment plans. As you lose weight, make sure that you maintain muscle. Improvements can include: getting up from a chair with more ease, walking through a parking lot with less discomfort, feeling steadier on your feet. As you start on your weight loss journey, create daily goals. Track how you feel, not just the number on the scale. Notice when everyday activities start to feel easier.

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FLOATS	INNERTUBES	LAKES	LIFEGUARD	OCEAN
PADDLE BOATS		PONDS	RIVERS	ROPE SWING
SAND	SHORELINE	SKIS	SPEED BOATS	SPLASHING
SUNGLASSES	SWIMMING POOLS		TANS	TOWELS
WATER PARKS	WATER SLIDES		WAVES	
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August 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
ANC - Arkansas Northeastern College RC - Ramey Center CH - Craft Hut VT-Village Trail VP-Village Pool						1 White Elephant 10AM to 3 PM Homemade Pie Day
2 National Ice Cream Sandwich Day	3 9 AM Exercise Class RC 10 AM Grocery run 5 PM Water Aerobics VP National Watermelon Day	4 11 AM—12:30 PM Nachos RC Coast Guard Birthday	5 9 AM Water Aerobics VP 12 Noon to 4 PM American Red Cross Blood Drive—RC National Underwear Day	6 9AM Exercise 10 AM Donuts and Breakfast Sandwiches 2PM Crafty Ones CH 5 PM Water Aerobics VP 5:30 PM Dance with Shelia	7 White Elephant 9 AM to 2 PM 1-5 PM Hairapy by Tammy Purple Heart Day	8 White Elephant 10AM to 3 PM National Bowling Day
9 National Hand Holding Day	10 9 AM Exercise Class RC 10 AM Grocery run 5 PM Water Aerobics VP National Lazy Day	11 10 AM Advisory Committee RC 11 AM—12:30 PM Nachos RC 5:30 PM Tuesday Night at the Movies RC	12 9 AM Water Aerobics VP 12:53 PM Partial Solar Eclipse Would Elephant Day	13 9 AM Exercise Class RC 10 AM Coffee 5 PM Water Aerobics VP 5:30 PM Dance with Shelia	14 White Elephant 9 AM to 2 PM 1-5 PM Hairapy by Tammy World Lizard Day	15 White Elephant 10AM to 3 PM National Shoe Donation Day
16 National Tell A Joke Day	17 9 AM Exercise Class RC 10 AM Grocery run 5 PM Water Aerobics VP National Black Cat Appreciation Day	18 11 AM—12:30 PM Nachos RC 2 PM -Birthday & Move-in Bingo RC Never Give Up Day	19 9 AM Water Aerobics VP 10:45 Leave Ramey Center to go to Great Wall National Potato Day	20 9AM Exercise 10 AM Coffee 2PM Crafty Ones CH 5 PM Water Aerobics VP 5:30 PM Dance with Shelia	21 White Elephant 9 AM to 2 PM 1-5 PM Hairapy by Tammy Senior Citizens Day	22 White Elephant 10 AM to 3PM Be An Angel Day
23 Find Your Inner Nerd Day	24 9 AM Exercise Class RC 10 AM Grocery run 5 PM Water Aerobics VP National Knife Day	25 11 AM—12:30 PM Nachos RC 2 PM Movie Day RC Kiss and Make Up Day	26 9 AM Water Aerobics VP 5:30 PM “Melon Ball” RC National Dog Day	27 9 AM Exercise Class RC 10 AM Coffee 5 PM Water Aerobics VP 5:30 PM Dance with Shelia	28 White Elephant 9 AM to 2 PM 1-5 PM Hairapy by Tammy Race Your Mouse Around the Icons Day	29 White Elephant 10 AM to 3 PM National Chop Suey Day
30 Slinky Day	31 9 AM Exercise Class RC 10 AM Grocery run 5 PM Water Aerobics VP Eat Outside Day					Call the office if you need a ride.